Constipation is when your bowel movements happen less often than normal or if your bowel movements are hard or painful to pass.

There are things you can do to prevent constipation, including the following:

- Drink at least 8 glasses of fluid every day, such as water, fruit or vegetable juices, and other clear liquids, like broth, Pedialyte®, or sports drinks.
- Warm liquids, such as coffee and tea, may help.
- If you are able, try to stay active every day. Walking is a good form of exercise that is convenient and easy to do. Even short walks around the house can help keep your bowels moving.
- Eat foods that are high in fiber, such as fresh fruits and vegetables, whole grains, prunes, nuts, seeds, popcorn, and high-fiber cereals.

Your doctor may recommend medications to prevent or treat constipation. Take your medication as directed by your care team.

Call your care team if you experience any of the following symptoms:

- You have pain in your stomach.
- You have not had a bowel movement in more than 2 days.
- You are unable to pass gas.
- You have pain in your rectal area.
- You have a fever over 100.4°F.
- You are having nausea or vomiting with your constipation.
- Your stomach looks swollen or feels hard to the touch.

Additional instructions

**Important notice:** The Association of Community Cancer Centers (ACCC), Hematology/Oncology Pharmacy Association (HOPA), National Community Oncology Dispensing Association, Inc. (NCODA), and Oncology Nursing Society (ONS) have collaborated in gathering information for and developing this patient educational supplement. This summarized information represents a brief summary of supportive care information and other resources. This supplement does not cover all existing information related to the possible directions, doses, precautions, interactions, adverse effects, or risks associated with specific medication or adverse events and should not substitute for the advice of a qualified healthcare professional. Provision of this supplement is for informational purposes only and does not constitute or imply endorsement, recommendation, or favoring of this side effect management by ACCC, HOPA, NCODA, or ONS, who assume no liability for and cannot ensure the accuracy of the information presented. The collaborators are not making any representations with respect to the clinical information presented whatsoever, and any and all decisions, with respect to such patient management, are at the sole risk of the individual consuming the medication. All decisions related to education and managing adverse events should be made with the guidance and under the direction of a qualified healthcare professional.

**Permission:** Supplemental Oral Chemotherapy Education (OCE) sheets are provided as a free educational resource for patients with cancer in need of concise, easy-to-understand information about cancer topics and adverse event management. Healthcare providers are permitted to copy and distribute the sheets to patients as well as direct patients to the OCE website for information. However, commercial reproduction or reuse, as well as rebranding or reposting of any type, are strictly prohibited without permission of the copyright holder. Please email permission requests and licensing inquiries to Contact@NCODA.org.

Copyright © 2020. All rights reserved.